



# Water Safety

## PERSONAL DEVELOPMENT

Staying safe around water and the sea is crucial, especially for teenagers who enjoy swimming, surfing, or hanging out at the beach. Water is fun, but it demands respect. Make smart choices, stay aware and always look out for your friends. That way, everyone can enjoy the water and stay safe in the UK. Here are some key safety tips.

## How to stay safe

### General Water Safety

- Always go swimming with an adult – never go alone, even if you're a strong swimmer.
- Be honest about your abilities – don't try to impress others by pushing past your limits.
- Stay alert – avoid distractions like phones or music when near water.
- Take swimming lessons if needed – it's never too late to learn. Check with your local leisure centre or swimming pool.
- Wear a life jacket for boating or water sports - it could save your life.

### Boating and Watercraft

- Wear your life jacket – even if it's not "cool", it's essential.
- Never mess around.
- Check UK marine weather forecasts – use the Met Office or local services before going out.
- Tell people your plans - tell them when and where you are going and when you will return so they can check your safety.

### Sea and Beach Safety

Understanding that laws apply to everyone and are essential for keeping people safe and maintaining order.

Our school teaches the values and reasons behind rules and laws, the responsibilities involved, and the consequences when they are broken.

### Marine Life Awareness

- Don't touch marine animals – some UK jellyfish can sting, and even dead ones can be harmful.
- Watch your step – weever fish and sharp shells are common in UK sands; wear water shoes.
- Don't feed wildlife – this can make them aggressive and harms the ecosystem.